Ways to Improve Your Blood Pressure

- Have a healthy body weight
- Eat more vegetables, fruits, and low- or no-fat dairy; eat less high-fat food
- Limit sodium/salt
- Exercise more
- Drink less alcohol

According to 2017 Hypertension Clinical Practice Guidelines Recommendations for Treatment and Management of Hypertension

Men: Limit to 2 drinks/day
Women: Limit to 1 drink/day

Aim for 90–150 minutes/week